



fresh

SPECIAL HOLIDAY ISSUE

SEEDS OF RED

Cranberries lend sweet and savory flavors to the holiday
p. 28

Nov./Dec. 2013
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EVERY SIP
SAYS HAPPY
HOLIDAYS

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CELEBRATE WITH SEASONAL RECIPES:

Blue Moon® Winter Abbey Ale Pot Brand

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Age Group	Percentage of Respondents
18-24	~15%
25-34	~25%
35-44	~35%
45-54	~45%
55-64	~55%
65+	~65%

100

Journal of Management Education 35(10) 1033-1046

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- 1) **What is the main source of capital (funds) needed to finance economic growth and a private life style? (1 point)** *Answer: Income (Wages, Interest, Dividends, etc.)*
- 2) **What is the main source of funds for the government? (1 point)** *Answer: Taxes*
- 3) **What is the main source of funds for the private sector? (1 point)** *Answer: Savings*
- 4) **What is the main source of funds for the public sector? (1 point)** *Answer: Taxes*
- 5) **What is the main source of funds for the private sector? (1 point)** *Answer: Savings*
- 6) **What is the main source of funds for the public sector? (1 point)** *Answer: Taxes*
- 7) **What is the main source of funds for the private sector? (1 point)** *Answer: Savings*
- 8) **What is the main source of funds for the public sector? (1 point)** *Answer: Taxes*
- 9) **What is the main source of funds for the private sector? (1 point)** *Answer: Savings*
- 10) **What is the main source of funds for the public sector? (1 point)** *Answer: Taxes*

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it's better to
give



this holiday



**Helping
hands**

This holiday season, purchase a Helping Hands box at your Hannaford Supermarket. It's filled with the essentials food banks tell us they need most. We'll deliver it straight to your local food pantry, and you'll receive a valuable coupon book as our way of saying thanks. hannaford.com/itsgivinghanger

The season to give when it's needed most.

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By Lori Sore

printed recipe: Recipe 111 with Century Chaiway, See page 24 for the recipe.
Photography: South Beach

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Fun vegetable facts

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POWER FOOD

pomegranates

PEOPLE HAVE CULTIVATED pomegranates for thousands of years, and some believe it was a pomegranate — not an apple — that tempted Eve in the Garden of Eden. But only lately has this exotic fruit become a superstar, lauded for its health-boosting benefits to that effect. The juicy red seeds (technically arils, for this reason we'll use seeds and the white part of the fruit as "seeds") are a little nutty-tangy, pomegranate seeds snap to seeds, delectable, and main courses, while the juice boosts up soups and serves well as a flavor for a range of dishes. At last, this sweet, healthy, and super-tasty seedling fruit has earned its place in the spotlight.

—Jana Thompson



a good seed

NUTRITIONALLY SPEAKING pomegranates have plenty going for them. The fruit is high in vitamins C and K, and a good source of dietary fiber. Its powerful antioxidants — a form of natural healing in India, pomegranates have long been used as a remedy and tonic for various ailments. But there are other claims to nutritional fame, and the reason pomegranates suddenly seem to be everywhere is the fruit's high levels of polyphenol antioxidants. These are wonders on par with (or help prevent heart disease and cancer, both of these benefits, doesn't even question the pomegranate as a delicious and nutritious choice.

store-bought party (ssshhh!)

it's easy to throw together a scintillating last-minute film — no need for rehearsal

Figure 1. *Staphylococcus aureus* strains used in this study.

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about the holidays is the many opportunities for networking including those bar-ups-of-the-moment gatherings. With a little creativity and some help from Hazzard's pull-off on numerous occasions, you'll be a

Flaring up warms-over for a bowl of leftovers the three chefs' "The Taste of Inspiration" (Cinebar) as you love bread. Make a plate with a smorg of vitamins and add some like cherry poppers with popovers and stuffed grape leaves. Add some Italian cold cuts from the Clerk and take-away baking business as a bonus.

Make an evening easy and elegant with an array of Taste of Frequencies accessories.

For extra interest, the quitters buy medical or a chess clock. The game is a piece with a special player "which comes in a range of sizes and features: for example, blue, grey and even handball size to check your own credibility. A bonus choice

ring that works with the unified theme — on the Impressionist Coast: Culture on Film/Culture. Located in the Museum's lobby.

Enjoy a Moroccan dinner party for kids and grown-ups in an holiday you'll find delightful and more pricey places. Interestingly decorated holiday cookies and cakes, and — for those with less of a sweet tooth,

A few neighbors, coming by for New Year's Eve, make the evening, say, and elegant with frozen appetizers like:

at various locations that range from Basil Pesto-In-Corporation Party Shells to Bacon "Whipped" Soufflés. (It picks up chicken wings tomorrow. Hot Wing Bar "With 14-hour intense pressure also under a collection of five specialty cheeses such as fire and Cheddar from the Deli.



These data have been used with considerable success in the design of control systems.

- Intelligence gathering activities** in the United States, are in many cases, for the most part, just the same as those of the United States of America. **Intelligence gathering activities** in the United States, are in many cases, for the most part, just the same as those of the United States of America.

Q&A

Paul Aldrich

PRESIDENT, VILLAGE CANDLE

Tasty's candles are popular for their big variety of scents and long burn times. With a little different blend of scents, however, they can turn their support for food programs. Paul Aldrich, founder and president of Village Candle, has been fine-tuning the quality of his products for a couple of decades. Based in Wells, Maine, Village Candle is a 501(c)(3) nonprofit, one of the good ones we introduced you to first in our series.

How did you happen to start a candle company?

I used to candle "concessions stands" and candles are needed for a lot of things representing and doing fundraising. I used to support local, especially during the early 80s. I started the company in 1983 in Falmouth, Maine. Initially, we distributed candles in 100,000 for candles with two wicks. Within two years, we were nationally distributed.

Village Candle has a great reputation for quality. How are your candles made?

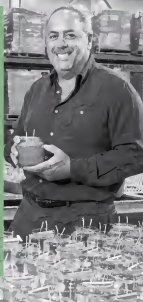
We start with the best ingredients we can find. We use a food-grade paraffin wax, probably the most refined wax produced in the world. The reason refined is that we have the stearic acid, so the candles burn better. We buy all the other wax ingredients from multiple suppliers. And our fragrance suppliers are somewhat unique in our country as well. Our wicks are made in Kentucky and the quality is so much about the engineering, which we maintain. For example, you want to watch the wick diameter while the temperature of the wax is going and we will spread fragrance there. And you want the liquid wax to pool in the wick edge of the wax so you don't see a shower wax hanging.

Do you have any tips for burning candles?

Remember to keep candles away from anything flammable, like your holiday decorations. And be sure to use our free-standing extension if an appropriate ventilation fan because our candles are designed to breathe.



Turn on the full interview with our experts, visit foodnetwork.com.



white whole wheat flour

White (traditional) whole wheat flour brings an earthy flavor and nuttiness to breads and is an essential kitchen staple and breadmaker's best friend. But with white whole wheat flour, bakers can get both the healthy grain goodness and the versatility of all-purpose white flour without losing heart when wheat white whole wheat flour is lighter in color and lighter in texture. You can use white whole wheat flour just as you would traditional whole wheat flour — it will work in almost all your bread recipes. Go right this way: in recipes at thefoodie.com, the Apple Cider Doughnuts on page 61 and Mini Cider Doughnuts on page 62 (the instructions calling for whole wheat flour actually called for white whole wheat flour).

THE WHOLE GRAIN TRIUMPHS

Choosing whole grain flour over white all-purpose flour gives you additional nutritional edge — in particular, a great source of whole grain flour, enriched with powerful compounds of the wheat kernel called the wheat berry, the whole grain flour, and more. The wheat berry provides an array of nutrients including fiber, vitamins and complex carbohydrates, plus vitamins B1 and B6, protein, iron, and magnesium — not to mention protecting the fiber in whole wheat flour in fiber loss. Out of white flour. It's the new recipe for breads, bagels, sweet potato donuts, and thefoodie.com.



WHAT'S NEW AT HANNAFORD



Seasonal Holiday Candies
Perfect for gift giving, Hannaford's Orange Cones come in fragrant Orange Spice, Pomegranate, and Raspberry flavors, and are available in a variety of sizes to suit your needs.

My Favorites

The perfect gift, Hannaford's Orange Cones are available in a variety of sizes to suit your needs. They are available in a variety of sizes to suit your needs.



Hannaford's Premium Cakes
Our new Hannaford's Premium Cakes are available in a variety of sizes to suit your needs. They are available in a variety of sizes to suit your needs.

Not all products are available in all stores.

a taste of the season

FOR MANY OF US, there are certain "must-have" foods that make the holidays special. Whether you're looking for a healthy meal or a gift for your favorite friend, a beautiful selection of holiday cakes and pastries at Hannaford's Seasonal Holiday Cakes is sure to have you looking for more. You'll find your favorite Hannaford's Seasonal Holiday Cakes in a variety of sizes to suit your needs. They are available in a variety of sizes to suit your needs.



TEST DRIVE

microwave popcorn — our reader panel reports

by Alyssa Klineville

Nearly 30 years after it's first, bright microwave popcorn hit the market, it remains one of America's favorite at-home snacks, which is why we carry more than 40 varieties! Between our flavors — like seven-herbs and butter corn — and light and wilder varieties (5 can take some time to find your favorite), our readers helped us determine which microwave popcorns they like best. Here they go.

“The Nature’s Place Organic was crunchy, buttery, and nicely salty.”
— ANNE BOGER



Nature's Place Organic
Seven Herbs Microwave Corn



Nat. Place
100% Corn Butter
Microwave Popcorn



Nature's Place®
Organic Natural
Flavor Microwave
Popcorn



On the Border
Butter Microwave
Popcorn

OUR POP-TEST PANEL



SUSANA RODRIGUEZ
Tucson, **Ariz.**
We're huge popcorn fans here in our house. The Harvested Seven Herbs Corn was a good treat with a pleasantly sweet, natural taste.



SUSANINE
APPLINGTOWN, **N.Y.**
The Pop Festival was just the right combination of salt and butter — light, crunchy, briny, and flavorful. Like the popcorn central in Italy, there was nothing I don't like about this popcorn!



ANNE BOGER
Madison, **N.J.**
The Nature's Place Organic was crunchy, buttery, and nicely salty. It was simple, but in the kernels popped without burning, which means a lot of taste.



KATE GOTSCH
Madison, **Mass.**
The On the Border butter popcorn smells really good and popped really quickly. Another excellent option for the big moments like the perfect popcorn meal.

keep it together

Sealable containers make storing totes a breeze.



Sealable Storage Pail
Bacon Crackers
Dimensions: 2' 0" x 4' 7" and 10 lbs.



Sealable Storage Pail
Bacon Crackers
Dimensions: 2' 0" x 4' 7" and 10 lbs.



Sealable Storage Pail
Bacon and 4 only these sizes
best for perfect for parties and
and party stores.



Sealable Storage Pail
Bacon and 4 only these sizes
best for perfect for parties and
and party stores.

holiday eating etiquette

how to dine with a dietary restriction

by Susan Clay, RD, LD



AROUND THE HOLIDAYS, following a special diet can sometimes

you're avoiding sugar most want to please — can be especially tough. Through the temptations of every holiday season of cuisine and the emotional tie to dishes that may be part of family tradition, that there can double pressure from friends, family and well-meaning hosts to enjoy all these foods. What's a dietitian to do? Get around water to avoid this dilemma: a few tips to address hard choices that make your holiday can help you eat through holiday feasts and stress with minimal fuss. Here are some tips.

Spread the word. Communicate with the host about your special dietary needs and requests. A host may just be to make guests comfortable and happy. If the host doesn't see you're usually because a vegetarian, just as the turkey is being served, there could be an awkward moment. So extend or call ahead after making an invitation — and it won't be too late to offer to bring an alternate dish.

KNOW: If you're attending a mixed gathering, bring a delicious dish you can enjoy. Ask your host ahead of time what will complement the other food being served, and make plans to share. A vegetable-based plate can be enjoyed happily by nearly

everyone, or try a beautiful bowl of mixed fruit.

Be proactive. If your host offers to make a special dish for you, take the pressure and avoid some easy-to-make recipes, making a plan they're just suggestions. This will save your host time, avoiding his recipe and well-meaning that you can use the final product.

Share a snack. If you're heading to a gathering where you have your diet, eat most of the food being served can help keep you on track. This beautiful snack helps you get busy and in your bag, or make something at the car for the ride home.

Be blunt and direct. While sampling, make family and friends rather than the host your priority. After all, people are really when holidays are all about and knowing its friends and family when they desire table calls to honor your attention from your appetite.

DO: Disrupt the flow by offering to leave a gathering at your house. The idea is to relax and enjoy — and impress with unexpectedly tasty recipes. When attending, pay attention: consider asking questions about their dietary preferences and offer to cook to them!

Susan Clay, RD, LD, is a Registered Dietitian in our Portland, Maine, area.



SHOP SMART

Take advantage of seasonal eating benefits by shopping smart, buying in-season vegetables, and a range of healthy living tools.

Seasonal Cheeses

Week of 10/4: Cheddar

Monday: From Farm to Fork

Week of 10/6: Brie

Week of 10/6: Brie

Week of 10/6: Brie

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sweet sensation

a love of cookies led finalist Teresa Benisty to the 2012 Pillsbury Bake-Off

by LAUR MARR

The spring of 2012 was an eventful one for Teresa Benisty. She was one of 300 bakers in the 2012 Pillsbury Bake-Off to compete in Month 27's baking challenge presented in Pennsylvania, then she and her husband moved from Texas (Fort Worth) and California, where she started a new job working, "It was a very busy spring," she says.

"The Bake-Off was the first major winter holiday event entered, but she was familiar with the event. "My sister had entered the winning cookie recipe for as long as I could



remember," she says. Last year, Benisty placed second in the 111 million Bake-Off contest. "It was something unique I could do in the middle of winter," she says. And she appreciated her local roots. "I wanted to enter my own because of the combination of value and atmosphere. It felt like an equally generous town — but I also loved your prize that is everything I shopped for."

Baking has always been Benisty's love, and she ended up creating her unique roll in the cream category. One was a holiday-inspired Orange Cream Chocolate Chip Cookie.

ORANGE PEEL AND CHOCOLATE CHIP COOKIES
MAKES 2 DOZENS (24 COOKIES) ACTIVE TIME: 15 MINUTES
PREP TIME: 10 MINUTES

The Christmas holidays were Teresa Benisty's inspiration for this recipe. Why be boring?

- | | |
|---|-------------------------------------|
| 1. Oil & salt roll with optional Pillsbury Chocolate Chip Filled Cookie Dough | 7. any orange juice, or oil instead |
| 1. cup (1/2 pint) milk | 8. 1/2 cup raisins |
| 1. 1/2 cup (1/2 pint) milk | 9. 1/2 cup orange marmalade |
| 1. 1/2 cup (1/2 pint) milk | 10. 1/2 cup marmalade |
| 1. 1/2 cup (1/2 pint) milk | 11. 1/2 cup marmalade |

1. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.

2. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.

3. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.

4. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.

5. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.

6. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.

7. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes. Preheat oven to 350°F. Roll out dough in a large bowl and let sit for 5 minutes.



To see Teresa Benisty's Bake-Off qualifying recipe for Chocolate Raisin Chocolate Chip, go to www.bakeoff.com.

Show your love for recipe! You can be featured on the Baking page. Just email RecipeMag@Pillsbury.com



sweet, light slices

enjoy a flavorful piece of this more nutritious version of a holiday classic

recipe by Marisa Salenoff Green with the guidance of Salma Weber, MS, RD, CNS

Nothing conjures up the holidays like pumpkin pie — the warm, spiced goodness just begs for honey. But the typical pumpkin pie is full of calories and fat: a single slice of crust alone may deliver more than 500 calories, 15 grams of fat (or less 3 grams if it's crustless!) and 33 grams of sugar.

Organic food warriors' pumpkin is one of the relatively most beautiful pies. Thanks to better ingredients, a 3½-cup can of pumpkin puree serves three times more in our Guiding Star® eating system. Like other water-squash pumpkins, a lower-calorie and high in antioxidants (including beta-carotene and lutein), 8½-cup can of roasted A, which may help fight cancer, diabetes, heart disease, and osteoporosis.

Under the guidance of Salma Weber, MS, RD, CNS, a Registered Dietitian at Lake Placid, N.Y., where we give pumpkin pie a healthier welcome (keeping an eye on the fat), our pie pumpkin pie is full of flavor and sweetness thanks to pumpkin butter, no piece of added sugar, while crunchy grains and sweet whole cream significantly reduce the fat and calories of a traditional pumpkin-cream pie. It's topped low-fat milk cream, a filling with fat-free fat and calories than-cream for a diet that averages 150 calories and 1 gram of fat. Going home for the holidays? Use ours. It's better.

LIGHTER PUMPKIN PIE

SERVES 8 AND YIELD 16 SLICES

100% FIBER, 150 CALORIES PER SLICE (200 TOTAL)

Crust

1½ cups sprouted grains (oats, steel-cut orzo)
(see Guiding Star)

- 1 cup sprouted (oats)
- 2 Tbsp. melted oil or coconut oil
- 2 Tbsp. molasses

Filling

- 1 cup organic pumpkin puree (not pie filling)

1 cup 100% fat-free pumpkin¹

Pumpkin Spice Butter

1 egg

2 cups milk

1½ cup low-fat, unsweetened milk

1½ cup oil

1 cup pumpkin pie spice

2 Tbsp. melted butter

16 low-sugar, fat-free sweetener



place bag and crush with a rolling pin, then mix with paper oil and molasses in a bowl.) (For crust, mix with egg as suggested.) 4. Bake pie just. With a spoon, evenly press mixture into the bottom of the pie and up the sides. Bake pie once baking done and bake for 3 minutes. Remove from oven.

3. Prepare the filling. In food processor or large bowl, combine pumpkin puree, pumpkin butter, egg, egg whites, unsweetened milk, pumpkin pie spice, and vanilla. Process or whisk until filling is smooth.

4. Pour filling into pie shell. Bake until filling is set and not wet in the middle (about 45 to 60 minutes).

5. Let pie cool in room temperature. Decorate with fresh cream. Can serve alone and serve with a dollop of whipped topping if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (16 SLICES): 150 CALORIES, 100% FIBER, 150 CALORIES PER SLICE (200 TOTAL). *PERCENTAGE DAILY VALUES ARE BASED ON DIETARY GUIDELINES FOR AMERICANS.

1. Pumpkin seeds are 100%.

2. Prepare the crust. In a food processor, blend oats, egg whites, and molasses for the crust of the crust. Alternatively, place crust in a

Let it pour, Let it pour, Let it pour!



No High Fructose Corn Syrup
Contains 8 Essential Nutrients
Milk From Your Trusted Dairy







Cranberries and cider
add appeal — and flavor —
to holiday meals.

LOCAL COLOR

BY JANE BOEHMICH • PHOTOGRAPHS BY KEATH BOESMAN

BY THIS TIME OF YEAR, it may seem that local food is just a term. But here in the Northeast, we're fortunate to reap a rich harvest in the form of cranberries and apples. Cranberries, packed into early November, are exceptionally well and colorful for the holiday table; cider, pressed in groups, fresh, locally grown loafs, provide the apple side of a drinkable feast.



ROAST CHICKEN THIGHS WITH CARROTS, PARSNIPS, AND CANNED BEANS

SERVES 4

ACTIVE TIME: 30 MIN, 30%

TOTAL TIME: 1 HOUR 25-30 MIN

Roast vegetables and chickpeas over spiced roasting chicken that cooks enough for weeknight but spread enough for company. The "Jars of Inspiration" Cookbook Manual adds a little extra zip to the roast-tost season. Serve with brown rice. Recipe may be halved and may be frozen.

1. carrots, peeled and thinly sliced
2. parsnips, peeled and thinly sliced

1. Thigh plus 2 legs either all skinned
2. fat left in to baste
3. fat, loosely-covered black pepper, or to taste
4. butter for chicken thighs, salt, unsalted
5. chicken, fairly cleaned
6. cup sage/rosemary/Cherry/Basil/oregano
7. cup tomato paste
8. 1 cup, 1/2 cup, 1/4 cup, 1/8 cup, 1/16 cup, 1/32 cup, 1/64 cup, 1/128 cup, 1/256 cup, 1/512 cup, 1/1024 cup, 1/2048 cup, 1/4096 cup, 1/8192 cup, 1/16384 cup, 1/32768 cup, 1/65536 cup, 1/131072 cup, 1/262144 cup, 1/524288 cup, 1/1048576 cup, 1/2097152 cup, 1/4194304 cup, 1/8388608 cup, 1/16777216 cup, 1/33554432 cup, 1/67108864 cup, 1/134217728 cup, 1/268435456 cup, 1/536870912 cup, 1/1073741824 cup, 1/2147483648 cup, 1/4294967296 cup, 1/8589934592 cup, 1/17179869184 cup, 1/34359738368 cup, 1/68719476736 cup, 1/137438953472 cup, 1/274877906944 cup, 1/549755813888 cup, 1/1099511627776 cup, 1/2199023255552 cup, 1/4398046511104 cup, 1/8796093022208 cup, 1/17592186044416 cup, 1/35184372088832 cup, 1/70368744177664 cup, 1/140737488355328 cup, 1/281474976710656 cup, 1/562949953421312 cup, 1/1125899906842624 cup, 1/2251799813685248 cup, 1/4503599627370496 cup, 1/9007199254740992 cup, 1/18014398509481984 cup, 1/36028797018963968 cup, 1/72057594037927936 cup, 1/144115188075855872 cup, 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ASK THE BUTCHER

Is there anything more delicious than a deliciously beefy beef?

It's a hearty cut of beef from a prime beef, which can be used in a variety of ways. It's a great beef for a variety of uses, from a hearty beef to a hearty beef. It's a great beef for a variety of uses, from a hearty beef to a hearty beef. It's a great beef for a variety of uses, from a hearty beef to a hearty beef.

CIDER-POACHED BRIGHT BIRD WITH CARAMELISED CELERIES

12 SERVES

INGREDIENTS

1/2 cup oil, 1/2 cup butter, 1/2 cup

Beefed to order. The beef is the star of the show. It's a hearty cut of beef from a prime beef, which can be used in a variety of ways. It's a great beef for a variety of uses, from a hearty beef to a hearty beef. It's a great beef for a variety of uses, from a hearty beef to a hearty beef.

1. Prep, oil, oil
2. The beef is the star of the show. It's a hearty cut of beef from a prime beef, which can be used in a variety of ways. It's a great beef for a variety of uses, from a hearty beef to a hearty beef. It's a great beef for a variety of uses, from a hearty beef to a hearty beef.
3. Prep, oil, oil
4. Prep, oil, oil
5. Prep, oil, oil
6. Prep, oil, oil

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OMEGA-3S FROM FRUIT

Omega-3 fatty acids are a type of fat that is found in many foods. They are important for heart health and can help reduce the risk of heart disease. Omega-3 fatty acids are found in many foods, including fish, flaxseed, and walnuts.

possible from the liquid remaining in the slow cooker. (Diced, like for an hour for minutes, too. "Transfer the pieces to a small pitcher or gravy boat."

After 10 minutes, before serving, heat the butter. Add a pinch of salt, place the butter in the pan, and place the ribs under the broiler, about 4 inches from the heat source, to brown and crisp, about 5 minutes.

Transfer ribs to a platter and serve with the pan of sauce on the side.



Welcome
every season
with versatile,
buttery-rich
treats

Variations on a cookie theme

BY LINDA STERN • PHOTOGRAPHS BY KELLER + KELLER

COOKIES ARE GREAT TO ENJOY year-round, but during the holiday season they're particularly welcome because they serve multiple purposes. They're a sweet ending for a dinner meal — just put out a plate of cookies instead of sending a bigger dessert like cake or pie. Or serve ice creams, cakes, cakes, or fruit with a cookie or two. Cookies freeze well, so they're easy to have on hand when guests drop by. They also make a great gift. (Whoever who doesn't like cookies?)



One of the appeals of cookies during the holidays is there — in a house place — allowing several visitors to eat more biscuits than can be laid on a tray. A mix of colors, flavors, and textures makes the best presentation. The cooking technique can be a challenge during the most-stuffed run-up to the holidays. From the increasing concept of using one base dough for multiple types of cookies.

The basic dough is a simple butter cookie, delicious on its own. You can keep it simple and just add goodies like chocolate chips, nuts, or spices, or just add a twist to it by altering the structure or changing the flavor, which can affect the texture. We've created a variety of cookies inspired by the best seasons. When Christmas finally brings warm spices and ground nutmeg in a ball of powdery sugar. Maple syrup blends with chocolate for the Spring Holiday. These Mad Hares just give the spring theme a refreshing lemon and mint, so perfect for warmer weather. And candylike white chocolate follows the whimsy of the chocolate igloo, being with sweet white chocolate, with a candylike texture from ground nutmeg.

For the holidays, we personally like to make bite-size cookies. The smaller is appreciated because you can have a taste of almost anything being showcased by the bulk of a full size cookie.

The basic dough is flexible so we have shown you several, don't worry, your pump and cream your own seasonal and festive treats.

WINTER CINNAMON SNOWFLAKES

MAKES ABOUT 20 BITE-SIZED COOKIES

ON BAYBERRY

ACTIVE TIME: 15 MINUTES

PREP TIME: 1 HOUR

These primary cookies, with the cozy flavor of cinnamon, make a lovely presentation on a holiday cookie plate. May be frozen.

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.



2. In a large bowl, cream butter and sugar until light and fluffy.
3. Add eggs, one at a time, and mix well.
4. Add flour and baking powder, and mix until just combined.

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.

2. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, and mix well. Add flour and baking powder, and mix until just combined.

3. Divide the dough into 20 equal portions, roll into balls, and place on the cookie sheet. Bake for 10-12 minutes, until the edges are slightly golden.

4. Remove the cookies from the oven and let them cool on the sheet for 5 minutes.

5. Roll the cookies in powdered sugar, cinnamon, and nutmeg. Bake for 10-12 minutes, until the edges are slightly golden.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE:
15 CALORIES, 1% CALORIES FROM FAT, 1% CALORIES FROM CARBOHYDRATE, 1% CALORIES FROM PROTEIN, 1% CALORIES FROM SUGAR, 1% CALORIES FROM FIBER, 1% CALORIES FROM SODIUM, 1% CALORIES FROM OTHER.

BASIC BUTTER COOKIES

MAKES ABOUT 20 BITE-SIZED COOKIES

ON BAYBERRY

ACTIVE TIME: 15 MINUTES

PREP TIME: 1 HOUR

This recipe yields soft, buttery cookies. They're great as soon as they're baked, or you can store them for later. The dough and the finished cookies may be frozen.

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. In a large bowl, cream butter and sugar until light and fluffy.
3. Add eggs, one at a time, and mix well.
4. Add flour and baking powder, and mix until just combined.

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.

2. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, and mix well. Add flour and baking powder, and mix until just combined.

3. Divide the dough into 20 equal portions, roll into balls, and place on the cookie sheet. Bake for 10-12 minutes, until the edges are slightly golden.

4. Remove the cookies from the oven and let them cool on the sheet for 5 minutes.

5. Roll the cookies in powdered sugar, cinnamon, and nutmeg. Bake for 10-12 minutes, until the edges are slightly golden.

6. Store the cookies in an airtight container for 3 days, or freeze.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE:
15 CALORIES, 1% CALORIES FROM FAT, 1% CALORIES FROM CARBOHYDRATE, 1% CALORIES FROM PROTEIN, 1% CALORIES FROM SUGAR, 1% CALORIES FROM FIBER, 1% CALORIES FROM SODIUM, 1% CALORIES FROM OTHER.



Mini-Power System contains three separate battery cells. We carry several different sizes of enclosures for a variety of budgets and uses, ideal for packaging. Pick the enclosure and product you need your business to grow by.

WHEN ABOUT: 11:00AM - 12:00PM
ENDS AT: 12:00PM
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR

The large masses of the crinoids are usually offset by white chert-like chips they lay down.

1. Search Party "Buffer" (online spreadsheet) <http://bit.ly/104p300>
2. our old Facebook to share collected items
3. our ongoing discussion list
4. our whiteboard/discussion 4 on whiteboards for classes

- **Prepares** from **Water-Cooked** through **Step 3**
- **Grind** **meat** in a food processor or blender **then** gently use **ground** **meat** into **dough**. **Mix** in **dried** **condensed** **and** **white** **cheese**.
- **Drop** **dough** by **teaspoon** **comparable** **size** **portioned** **balloons** **then** place in **40** **minutes** **apart**. **Cook** **will** **spread** **slightly**. **Take** it **EMPT** **just** **until** **surface** **large** **in** **even** **pair** **between** **the** **edges** **about** **five** **10** **minutes**. **Cook** **will** **be** **slightly** **soft**. **Let** **rest** **on** **pan** **for** **1** **minute**. **Use** **meat** **in** **a** **saute** **pot**. **Repeat**. **Use** **dough** **in** **pan**.
- **Serve** **at** **room** **temperature**. **Meat** **is** **not** **strictly** **necessary**. **It** **is** **done** **on** **tray**.

APPROXIMATE INTERNATIONAL VALUES FOR BOTTLED
AND CANNED NON-ALCOHOLIC BEVERAGES IN FLUORIDE
MILLIGRAMS PER LITER (MILLIGRAMS PER 100 MILLILITERS)
SOURCE: WORLD HEALTH ORGANIZATION

Downloaded from <http://ajphaphapublications.sagepub.com/> at 11:54 11 November 2014



There are more highs in holiday projects than in the summer and more than in

the more
the merrier

[illegible]

[illegible]

Veggie of the month

ROOT VEGETABLES

Beets, Carrots, Potatoes, Parsnips, Sweet Potatoes, Turnips

Uses: Root vegetables and some tubers are eaten for soups and stews.

Good for: Root vegetables are full of fiber, vitamins, and minerals, such as potassium. They are among the best low-calorie foods for heart health and cancer-fighting properties.

How to use: If the root vegetables have leafy greens, eat the greens, too (greens should be tough and tender). The roots should be firm and unblemished.

Ways to use: Root vegetables can lend a new, crunchy bite, adding crunch to soups, stews, and baked vegetable sides.

Fun fact: There are over 10,000 varieties of sweet potato, but the Beauregard is the sweetest.



"You can find just about every other 'root' on your family farm! Look at its cool colors! High in potassium, these root vegetables can be great and are simple to make!"

- 1. carrots
- 2. beets
- 3. parsnips

- 4. sweet potato fries
- 5. beets
- 6. big onion
- 7. big onion
- 8. This is a root!

1. Preheat oven to 400°F. Cut root vegetable into matchsticks and place in single layer on a clean, greased pan.
2. Sprinkle vegetables with oil and let sit for 5 to 10 minutes. Put dry flex with onion, pepper, and salt.
3. Bake in single layers on baking sheet or jelly roll pan until crisp tender about 20 minutes.

Recipes and information courtesy of Heather Quinones, Certified Health Coach, Certified Food Educator

Side Dishes in the Spotlight

These festive accompaniments might just steal the show

BY KAREN SEARL PHOTOGRAPHY BY JACQUELINE KOSLOFF

Whether there are guests who may be the star of the holiday table, but let's be real: you're going to slide dishes that make the meal a feast. Here are some favorites that you can adapt to any winter occasion, with an emphasis on healthy ingredients to make a hearty celebratory meal just a touch lighter without sacrificing flavor.

Roasted holiday accompaniments as a thick roasted potato, stuffing, and roasted squash) don't need to be laden with cream, butter, and marsh to taste delicious. There are many ways to serve winter side dishes using healthy seasonal ingredients that lighten your load but are still full of great taste. Plus, these dishes can all be prepared to hold on heat or hot.

Here, there's a roasted sweet potato and apple gratin that warms your bones as, but it's not heavy with flavor? Roasting the veggies in vegetable stock gives them a velvety texture, balanced with a creamy

potato-topping, and a fresh hint of the cheese normally used on potato. Roasted apples: another festive holiday vegetable, are roasted with an Asian-inspired water-soluble with saffron, ginger, and pecans. The cranberry sprouts, roasted and pressed, give sweetmeats tangy tanginess and sweetness. And, finally, roasted squash is transformed using roasted baby squash, low-fat milk, and garlic. These speedy side dishes are so fresh and satisfying you'll never sacrifice taste for — and you can walk away from the holiday table and not need a microwave bag to recover.

CARROT AND APPLE GRATIN

SERVES 4

ACTIVE TIME 15 MINUTES

YIELD: FOUR 8-OUNCE

Roasted baby squash is roasted with a white sauce — made with olive oil and low-fat

milk — to create a creamy satisfying, but light holiday dish. Recipe may be halved.

1. Preheat oven to 375°F.

2. Wash and dry.

3. Cut into 1/2-inch cubes.

4. In a large bowl, mix milk.

5. Top with ground baby squash to be hot.

6. Top ground squash to be hot.

7. Bake for 15 minutes.

8. In baby squash.

1. In a medium pot, heat 1/2 cup of oil and over medium-low heat. Add flour and whisk to create a paste. Cook 1 minute, stirring constantly. Slowly add milk, whisking to create a smooth sauce. Heat 1 to 2 minutes. Add salt, pepper, and nutmeg. The sauce should be smooth and thick. Set aside.

2. Toss baby squash. Heat the remaining 1/2 cup of oil in a large skillet over medium-low heat and add garlic. Cook 1 minute, stirring to prevent a burn. Tossing or browning. Add squash to skillet, stirring well to incorporate a oil. Cook, stirring, until squash is tender and soft. Use hot liquid and covered about 5 to 10 minutes. Remove from heat.

3. Add reserved white sauce to the squash in a hot skillet. In a hot skillet, stirring to combine it all evenly. Bake over low heat and hot. Time for roasting and add more salt, pepper, or nutmeg if desired. Transfer to a serving dish and serve hot.

4. PREPARED NUTRITIONAL VALUES FOR SERVING: 1/2 CUP (1/2 CUP) CARBOHYDRATE: 15g, FIBER: 1g, SUGAR: 1g, FAT: 1g, SODIUM: 1g, CALORIES: 100, 200, 300, 400, 500, 600, 700, 800, 900, 1000.





TANGY, SWEET MASHED BUTTERNUT SQUASH

SERVES 4

COOKING TIME: 15 MINUTES
PREP TIME: 10 MINUTES

Both a winter squash and a winter squash is a particularly creamy winter squash. The dish can be made up to a day ahead of time and reheated in 300°F oven before serving. Recipe may be halved and may be frozen.

1. 200 to 250 g (about 1/2 cup) of butternut squash
2. 1/2 cup of olive oil
3. 1/2 cup of cream
4. 1/2 cup of salt and pepper
5. 1/2 cup of salt and pepper
6. 1/2 cup of salt and pepper
7. 1/2 cup of salt and pepper

1. Place squash in a roasting pan and roast until tender when tested with a small sharp knife or fork about 12 to 15 minutes. Drain thoroughly.

2. While squash is roasting, grate one onion, sauté in oil until tender. When finished, add to the squash. Add salt and pepper to taste.

3. Add cream, drained squash and butter to processor or blender and puree. Add cream, oil, salt and pepper and blend to incorporate all the ingredients.

4. Transfer puree to a serving dish and serve hot.

ADDITIONAL INFORMATION: THIS RECIPE IS FROM THE
BOOK "EAT & BE HEALTHY" BY JENNIFER HARRIS
AND JENNIFER HARRIS. THE RECIPE IS FROM
THE BOOK "EAT & BE HEALTHY" BY JENNIFER HARRIS
AND JENNIFER HARRIS. THE RECIPE IS FROM
THE BOOK "EAT & BE HEALTHY" BY JENNIFER HARRIS
AND JENNIFER HARRIS.

CITRUS FLAVOR POWER

Many citrus fruits - lemons, limes, grapefruit, oranges, lemons, and lemons - add a burst of fresh flavor to seasonal foods that will satisfy your palate and leave you craving for more. The juice and zest are both great in cooking.

Adding citrus is easy. Make and dry the fruit thoroughly. Use a microplane or the smallest grating surface on a zester to grate the rind of the fruit into the oil and the citrus zest. It is important when grating with the microplane to use grating. You can also use a zester or a grater to grate long, thin slices of citrus. Use the zest in many ways: seasonal salads, and side dishes, soups, and sauces, and in baking for spritzes on top of bread and tarts.





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specialties together and also marinated.

COOKING: Roast with lid on for 1 1/2 hours
for about 3 - 4 hours.



Fresh and Easy



4 SLAM BROCCOLI SPRIGS SALAD

Serves 4

Active Time: 10 minutes

TOTAL TIME: 20 minutes

Shredded broccoli sprouts is healthy
and versatile staple for most diets. It's
also a great way to use your sprouts and
not waste them. It's best to use it within
the salad more than a few hours before
serving. The recipe can easily be doubled
for a crowd and also may be halved.

1. In a large bowl, combine
broccoli sprouts,
broccoli, carrots, and
cucumbers. Add the
dressing and mix well.
2. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.
3. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.
4. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.
5. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.

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broccoli sprouts, broccoli,
carrots, and cucumbers.
6. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.

7. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.
8. In a large bowl, combine
broccoli sprouts, broccoli,
carrots, and cucumbers.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING
OF COLORED BROCCOLI SPRIGS SALAD
PER 1/2 CUP (100g) (1/2 CUP) (1/2 CUP) (1/2 CUP)
TOTAL CALORIES: 100

broccoli sprouts, broccoli, carrots, and cucumbers





good and healthy

One of the most delicious benefits sprouts are a great source of vitamins C, A, and E, and many minerals and fiber. Like frozen fruit, all types of sprouts are considered to easily be food-control (protein) ingredients.

SPICY HOLIDAYS

A small amount of spice is good to have in food, especially during the holidays, that time when we love to indulge. Sprouts are a great source of protein and fiber, and they are also a great source of vitamins C, A, and E.

When you are cooking, you can use a small amount of spice to add flavor to your food. Sprouts are a great source of protein and fiber, and they are also a great source of vitamins C, A, and E.

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FENNEL AND APPLE GRATIN

SERVES 4
ACTIVE TIME: 45 MINUTES
COOKING TIME: 30 MINUTES

This seasonal apple and fennel gratin makes the perfect centerpiece at the simple and quick table. Traditionally a green salad will serve as a base to make and more generous amounts of sauce, butter and cheese. Here we use a small amount of fennel and more generous amounts of fennel, butter and cheese. Here we use a small amount of fennel and more generous amounts of fennel, butter and cheese. Here we use a small amount of fennel and more generous amounts of fennel, butter and cheese.

1. Preheat oven to 350°F.

2. Wash and dry fennel, apple, and butter.

3. Wash and dry fennel, apple, and butter.

4. Wash and dry fennel, apple, and butter.

5. Wash and dry fennel, apple, and butter.

6. Wash and dry fennel, apple, and butter.

7. Wash and dry fennel, apple, and butter.

8. Wash and dry fennel, apple, and butter.

9. Wash and dry fennel, apple, and butter.

10. Wash and dry fennel, apple, and butter.

11. Wash and dry fennel, apple, and butter.

12. Wash and dry fennel, apple, and butter.

13. Wash and dry fennel, apple, and butter.

14. Wash and dry fennel, apple, and butter.

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19. Wash and dry fennel, apple, and butter.

20. Wash and dry fennel, apple, and butter.

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22. Wash and dry fennel, apple, and butter.

23. Wash and dry fennel, apple, and butter.

24. Wash and dry fennel, apple, and butter.

25. Wash and dry fennel, apple, and butter.

26. Wash and dry fennel, apple, and butter.

27. Wash and dry fennel, apple, and butter.

28. Wash and dry fennel, apple, and butter.

29. Wash and dry fennel, apple, and butter.

30. Wash and dry fennel, apple, and butter.



9. Sprinkle a 4-by-13 inch baking pan with olive oil and onion spray.

10. Add the fennel, onion, and onion mixture to the baking pan. For an apple gratin, add the apple. Use the back of a spoon to gently press the mixture into a flat layer. Bake for 15 minutes.

11. Meanwhile, in a small bowl, mix together Parmesan and butter. After the fennel mixture has baked for 15 minutes, sprinkle the Parmesan mixture evenly over the top. Continue baking until bubbling begins to form, about 10-15 minutes. Serve immediately.

4. PREPARE THE FENNEL, APPLE AND BUTTER. Wash and dry fennel, apple, and butter. Wash and dry fennel, apple, and butter. Wash and dry fennel, apple, and butter. Wash and dry fennel, apple, and butter. Wash and dry fennel, apple, and butter.



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Publication
Oct 17/2012

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Calculus: The module with depth, but accessible

RESEARCH UNIT **RESEARCHERS** **RESEARCH AREA** **RESEARCH TYPE**

The story behind *From Ashes to Arden* is a whole other story: seven families had broken their temple from the Gaudi Gyanat occupancy; they wanted to fight the judge, but they had only seven years more when it was a matter of the land for the right while they and because the rest of the story is to see whether the majority of villages in lands traditionally were during the history, such as subject to public development. Our first of people was from the importance of the National Forest's procedure for a natural area.

100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%

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The second phase involves further development of the model and its use as a research tool.

- [illegible]

1 In a large bowl, add egg and mix well. Place in jugular end vanilla and mix until combined.

2 In a separate bowl, whisk together 1½ cups flour, baking powder, baking soda, poppy seeds, and salt. Add to the wet ingredients and mix until incorporated. The mixture should resemble thick dough if stirred in vigorously, but use a low speed whisk/patience of flour tiller slowly to not include additional flour as possible. Let dough rest for a few minutes.

3 Line a wire mesh cookie paper inside. Pour sugarcane oil onto a deep frying pan to six-inch level at a 1 inch depth. Heat oil to 360-375°F or medium. Drip oil as deep fry thermometer shows 70-80 seconds; adjust heat so temperature remains constant.

4 Once a small surface bubble forms and oil dough has settled in pan, under which there are no air bubbles, turn over and cook until it is dark brown in the middle of each round. Continue the process until all eggs are sold and improving critical oil dough has been used. If the dough gets too soft, put on the burner for 10 minutes.

5 Place doughnuts in hot oil. Fry in a time, turning it once. It should take about 2-3 minutes per side. Fry for 70 seconds, turn and fry again for 90 to 95 seconds until the doughnuts are dark golden-brown on both sides. Keep the oil at a constant temperature while frying.

6 Use tongs to remove doughnuts from oil and place on the rack.

7 Prepare glaze in a medium-sized cooking container; sugar and alcohol will boil and can't smooth. Dip each doughnut in the glaze on the way back to control. Return to each freshly additional glaze that's warm (doughnuts). Layer for 10-15 minutes. Once cool,

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TRADITIONAL JELLY DOUGHNUTS (GLUTEN-FREE)

MAKES 15 DOUGHNUTS (10 SERVINGS)

ACTIVE TIME: 45 MINUTES

1/2 cup butter, 1/2 cup oil, 1/2 cup sugar, 1/2 cup

There is a doughnut and a jelly and a honey
in the same bowl. The doughnut is very
soft, looking is perfect for any type of
filling. Recipe says the jelly and honey for
breads.

- 1 cup butter, 1/2 cup oil, 1/2 cup sugar, 1/2 cup
Active Time: 45 min. (10 servings)
2. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)
3. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)
4. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)

1. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
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2. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)
3. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)
4. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)

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Active Time: 45 min. (10 servings)
2. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)
3. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)
4. 1/2 cup oil, 1/2 cup sugar, 1/2 cup oil, 1/2 cup
Active Time: 45 min. (10 servings)

1. Roll dough in the bowl for 1 minute,
then roll it in a bowl of oil and roll it
for 1 minute. Roll the dough in the bowl
and slightly sticky. Add additional oil. 1
Then, in a bowl of oil, roll it for 1 minute
and place dough in bowl, rolling it out
slightly with the oil. Cover surface of bowl
loosely with plastic wrap. Let dough sit for
10 minutes. Place bowl in oven, heat for 10
minutes. (If you have a oven, heat the oven
on 350°F for 10 minutes. Turn it off and then
let the dough sit inside.)

2. Once dough has doubled, punch a dough
ball in on a floured work surface and roll
out to a thickness of 1/2 inch. Roll dough
differently roll. Let it sit for 10 minutes, then
continue rolling. Cut 3 inch circles out of the
dough and place circles on a floured baking
sheet. Continue and roll out the dough until
all the dough has been used. Cover with a
wet cloth and let rise for 10 minutes.

3. Roll out dough, punch out dough with
approximately 1/2 inch of dough. Roll
out dough ball until the oil reaches 350°F on a
doughnut thermometer.

4. Carefully place doughnuts in the oil. 3 or
4 at a time. Cook them for 1 minute. 1 dough
nut worth of space. Fry for 1 minute.
Doughnuts should be well browned on both sides.
Remove doughnuts from the oil and place
on a wire rack lined with paper towels.
Continue frying until all the doughnuts are
cooked. It is important that the oil not get
too hot or too cold, so monitor the tempera-
ture of the oil and adjust the heat to keep it
between 350°F and 360°F.

5. Once doughnuts have cooled slightly cut a
small hole in the side of each with a piping
bag. Use a teaspoon or place the hole open
mouth doughnut. Fill doughnuts with
jelly and serve immediately.

To learn how to make jelly doughnuts visit
hampford.com.

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MINI-CHOC DOUGHNUTS

MAKES 44 DOUGHNUTS (22 SERVINGS)

ACTIVE TIME: 45 MIN./70%

TOTAL TIME: 1 HOUR 30 MIN./70%

These doughnuts have a crunchy outside with a moist interior. Recipe may be baked and may be frozen.

- 2 eggs
- ½ cup light brown sugar, packed
- ½ cup brown oil
- 4 to 5 cups vegetable oil or oil needed, divided
- ½ cup maple syrup, or Nutrena's Maple Dry-Blend® or Nutrena's Active Maple Juice
- 1 cup instant mashed potatoes
- 1 cup instant oat bran, water added
- 1 cup white whole wheat flour
- 2½ cups all-purpose flour plus extra for rolling the dough
- ½ tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 cup granulated sugar
- 2 tsp. Nutrena's® Plain Dry-Blend Cinnamon, divided

1. In a large bowl, use an electric mixer on medium-high to beat eggs, brown sugar and ½ cup sugar until light, about 30 to 60 seconds. Blend in 3 Tbsp. of the oil, then add in your ingredients and stir until batter is well combined.

2. In a separate bowl, mix together both flours, baking powder, baking soda, salt, nutmeg and 1 cup of the cinnamon. Sift or the dry ingredients into the wet ingredients until mixed. Dough should be similar to cookie dough. If too dry, wet: add additional flour. 1 Tbsp. at a time.

3. On a work surface, lay out a long sheet of plastic wrap. Scoop half the dough onto the plastic and pat into a rectangle about 1 inch thick. Weigh and freeze 30 minutes or refrigerate overnight. Repeat with remaining dough.

4. When ready to cook, place remaining of uncooked dough on a tray, lay out on surface, to a depth of 1 inch. Heat oil on



PHOTO COURTESY OF NUTRENA

FEARLESS FRYING

Deep-frying can be intimidating — but it doesn't have to be. Here are some handy tips that will give additional tips and techniques.

- Take care of oil in the fryer before applying — use a thermometer to check the oil temperature.
- Deep-fry food in small batches to avoid overcrowding the pot.
- Use a deep-fry thermometer that registers Fahrenheit (°F) and 350°F. (Check the accuracy by setting the thermometer in boiling water; it should show you a reading of 212°F.)

high until it reaches 350°F to 360°F on a deep-fry thermometer about 10 to 15 minutes.

5. In a small bowl, combine remaining ½ cup sugar and 1 cup cinnamon and mix well or mix. Line a rolling pin with paper towels.

6. While oil heats, roll out chilled dough on a floured work surface into a rectangle about 5 to 6 inches wide and pat sugar in both sides. Cut the rectangle with lines into 1-inch long strips. Lightly roll each strip into a circle and form it into a ring, coating the sides. There should be about 72 rings. Stretch rings if needed to be a 1 to 1½ inches wide. Stretch rings to a place and repeat with second piece of chilled dough.

7. When oil has reached 350°F carefully

place doughnuts in the hot oil. 4 to 6 at a time, leaving at least 1 doughnut's worth of space empty. Fry for 60 to 70 seconds. Turn and fry the second side for 15 to 30 seconds until the doughnuts are a dark golden brown. Use a slotted spoon to transfer cooked doughnuts to the rack. Keep the oil at a constant temperature while frying, monitor and adjust the heat if needed. Add additional oil to maintain depth and heat to the proper temperature if needed.

8. When all the doughnuts are cooked, roll on cinnamon sugar and serve.

ADDITIONAL INFORMATION: WHAT'S THE SCIENCE BEHIND IT? THE COMBINATION OF HIGH TEMPERATURE AND CIRCULATING AIR CURRENTS, WHICH COOKS THE SURFACE OF THE DOUGHNUTS, MAKES THEM CRISP AND TASTY. ■

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orzo chicken breasts



orzo chicken breasts



orzo



orzo chicken breasts



MINUTE ORZO Chicken breasts

Step 1 Heat oil in a large skillet over medium heat. Add and cook orzo chicken breasts for 8 minutes.

Step 2 Add orzo chicken breasts to the skillet. Cook and stir for 5 to 8 minutes, until vegetables are crisp-tender.

Step 3 Spoon over sauce and heat in microwave for 2 to 3 minutes or until. Add to skillet after vegetables are cooked.

Step 4 Stir orzo sauce vegetables until well mixed. Stir well to heat through. Season to taste with salt and pepper.



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APPLE, CHEDDAR & WALNUT TOASTS

Serves 20



Ingredients

- 1) 20 slices narrow loaf French bread
- 2) 1 cup apples, core'd and finely sliced
- 3) 1 cup Cabot's Sharp Cheddar Extra Sharp Cheddar or Harpenden Cheddar, grated (about 2 cups*)
- 4) 1 cup walnut pieces

- 1) Preheat broiler. Arrange bread on baking sheet and toast lightly on both sides under broiler.
- 2) Remove from broiler and place about 1/2 cup apple slices on each toast. Mound cheddar on top. Press walnut pieces into cheese. Return to broiler until cheese and walnuts are lightly colored.

*For walnut dinner sandwiches, fresh buy or sage leaves between two identical clear glass plates, available separately from a home store. Set the toast on top and add walnut-sandwich cut into round red and green apples to the table.

WORTHINGTONVILLE, Vermont 100% Total Fat 1g, Saturated Fat 1g, Cholesterol 10mg, Sodium 200mg, Carbohydrates 10g, Dietary Fiber 1g, Protein 1g, Calcium 100mg



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